

Main Surgery

Cove Bay Health Centre
Earn's Heugh Road
Cove Bay, Aberdeen
AB12 3FL
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Dr D Fowler, Dr A D Jamieson
Dr A J Henderson
Dr L J MacKenzie Dr R Taylor
Dr S Whiteside Dr S Govindarajan
Dr A Macfarlane & Dr C Mitchell
Consultations by Appointment Only

Branch Surgery

Kincorth Medical Centre
Kincorth Clinic
Provost Watt Drive,
Kincorth, Aberdeen.
AB12 5NA
Tel: 0845 337 1170
Fax: 01224 899182

The Practice is happy to announce the appointments of Dr Samantha Wheelan and Dr Subha Kumar as new partners from 1st March 2012. Both Doctors already work at our practice and may be familiar to you. Dr Wheelan has been with us to cover for Dr Jamieson's clinical lead role post and Dr Kumar has been helping to cover Dr Macfarlane's maternity leave.

Patient Confidentiality & Data Protection

We have a strict policy regarding patient confidentiality and data protection. Please do NOT telephone the practice regarding confidential information such as test results or appointment details on behalf of your spouse, parent or child over 16 years old unless the person to whom the information relates has given their written permission for the release of the data.

Public Holidays 2012/13

The practice will be closed on the following dates:

Monday 9th April 2012

Monday 7th May 2012

Monday 9th July 2012

Monday 24th September 2012

Tuesday 25th & Wed. 26th December 2012

Tuesday 1st and Wed. 2nd January 2013

The Ordering of Prescriptions

Please allow at least 48 hours notice when ordering a prescription. If you have chosen a pharmacy collection service for your prescription please add additional time for this. *Prescriptions may be requested in person, by post, by telephone or via the practice website.* If requesting by post, please enclose a stamped addressed envelope. Prescription requests made through our website will be processed during normal working hours only.

www.covebayandkincorthmedical.co.uk/

DNA Rates

Our latest DNA rates (Did Not Attend) for appointments continue to be a cause for concern. *In December 2011 alone, 187 people did not attend for their GP appointment.* This is part of the reason why there can be a wait for a GP appointment. **PLEASE ring to cancel if you no longer need your appointment so it can be offered to other patients.**

Care of the Elderly

One of the highest priorities in health care development at national level is to improve elderly care and at the Cove Health Centre we have been planning and started big changes to assist this. *The elderly population is rising at present but is anticipated to mushroom over the next 3-4 decades as life expectancy rises and the "baby-boomer" population become pensioners!*

Improvements include attempts to bring about more co-ordinated care with better links between doctors, nurses, social care staff and hospitals (Geriatricians for example will work with GP practices in the community).

More consideration will be made towards regular review of medication in the elderly (sometimes as we get older the benefits versus the side effects balance of medications can alter, particularly if taking several and for some people a reduction in dosages or number of pills can be advisable).

Improvements in monitoring housebound people with long-term conditions such as diabetes, heart disease and emphysema is being planned and various "active ageing" projects are happening across the City (including locally), to help improve the physical and mental well being of the Elderly.

It is hoped that despite the rise in the elderly population that we can actually reduce emergency admissions of the elderly to hospital by developments such as above and enhancing the availability and co-ordination of "Rapid Response" care to provide social care, physiotherapy, occupational therapy etc at times of acute need.

One other way of improving co-ordination and planning of care for the elderly is forward planning-- *what would you do/ who would you turn to for help when ill?* Where would you rather be looked after - home or hospital? Who would help make decisions for you if a bit too poorly yourself? If you are over 75 and have significant medical problems, your doctor or nurse may well ask you some of these questions and with your consent share this information with others that might be called to help such as G-Meds. Many hospital admissions could be avoided by this fore-thought and sharing of information.

Please consider granting Power of Attorney to a trusted family member or friend whilst you have the capacity to do so - many people do not consider this until a bit too late which can cause huge problems for health and welfare. These can be arranged by a solicitor but can also be done much more cheaply on-line.

The last thing we really want in our older age is to be restricted by ill-health and many health protection matters will be being promoted more heavily in the future - nationally/locally and individually from your health professionals.

Whilst health restriction can hit anyone it is much less likely to happen by keeping physically and mentally active, eating healthily and avoiding risks from alcohol excess and smoking. One of most working people's main goals in life is to enjoy their retirement - with most set to have to work longer before getting to pension age it is even more important to enter retirement in good health!